

# Howe Bridge Leisure Centre: Pool sessions

## Howe Bridge Leisure Centre

Accurate as of 19/04/2026

### Times for Wednesday 17 July



Time	Session	Facility	# Lanes
08:00 - 10:00	Lane Swimming ( advanced booking required)	Large Pool	
10:00 - 11:00	Casual Swim	Large Pool	
11:05 - 11:45	Aqua Aerobics	Large Pool	
12:00 - 12:45	Aqua Aerobics	Large Pool	
12:00 - 13:00	Casual Swim	Small Pool	
18:00 - 18:30	Adult Swimming Lesson	Large Pool	
18:30 - 19:30	Fun & Floats	Small Pool	
18:30 - 19:30	Casual Swim	Large Pool	
19:30 - 21:00	Lane Swimming ( advanced booking required)	Large Pool	